Abstract

Thesis title

Sport activities in human – dog interaction

Thesis objectives

The thesis introduces sport activities involving the interaction of human and dog. Its aim is to ascertain the physiological load imposed on the body during selected sport activities in which a human is engaged in an interaction with a dog and to compare the findings with the physiological load generated by another sport activity (mountain bike).

Methods

Analysis of expert documents. Heart-rate monitoring with the Polar RS400 sporttester capable of processing data on heart-rate and body load.

Results

The results obtained in separate measurements have proven the defence work to be more physically demanding for a sportsperson than riding a mountain bike. The assumption was confirmed by the differences in heart-rate values and the varying time periods needed for the sportsperson's recovery. Recovery time after a mountain bike training session is fourteen hours. In contrast, it takes the sportsperson (the helper) twenty-seven hours to recover from a defence work session of equal length. Considering the diversity of defence work training units and the small number of measurements the results are to be taken as tentative. However, they will facilitate improved training preparation of defence work helpers.

Key terms

dog sport, cynology, physiological load, defence work helper